

concept 2 **StrengthERG**™ ASSEMBLY INSTRUCTIONS



Scan the QR code to watch our Assembly Video,
or visit concept2.com/support/strengtherg/how-to-videos

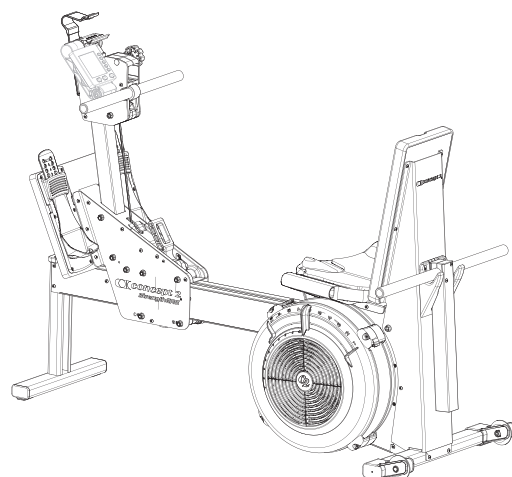
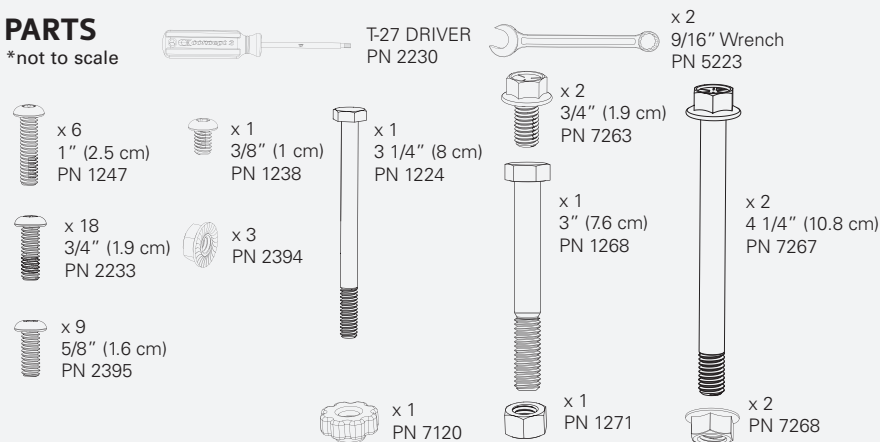
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PARTS

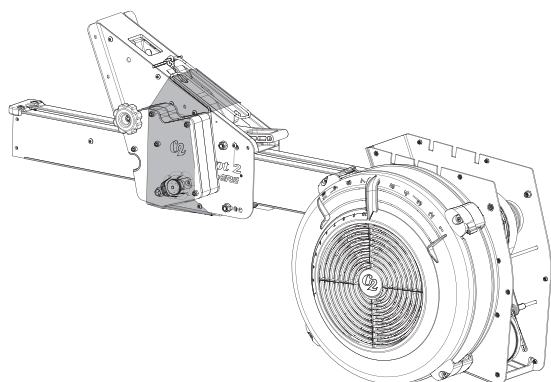
*not to scale



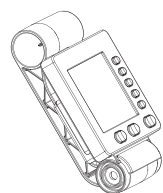
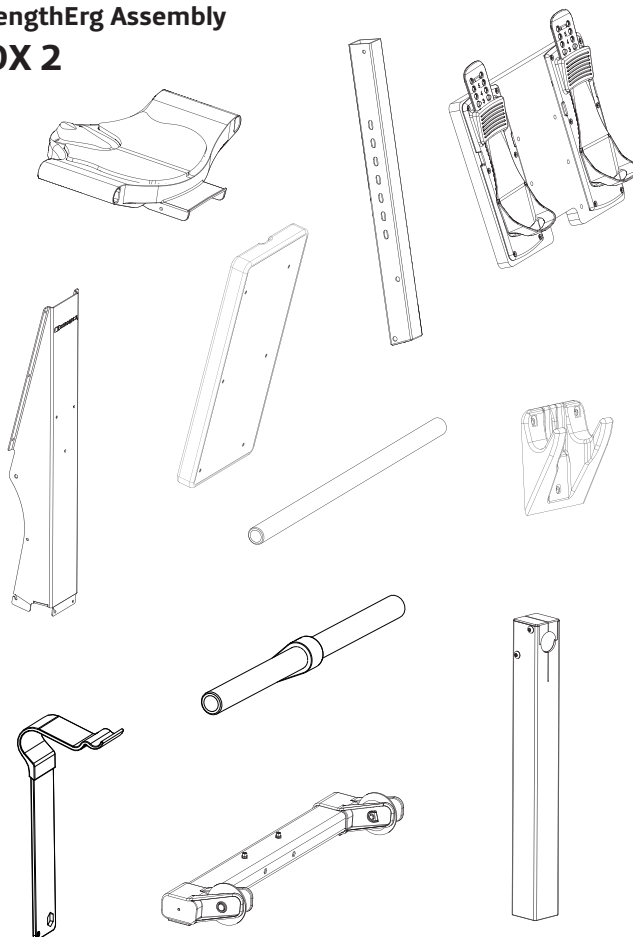
StrengthErg weight: 92 lb (42 kg)

Space required for use (training area): 38 in x 80 in (97 cm x 203 cm)

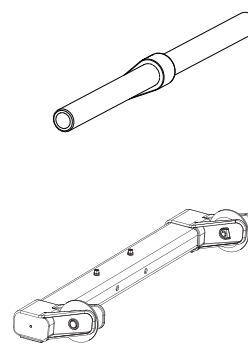
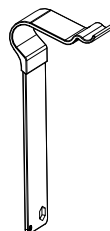
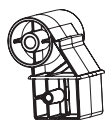
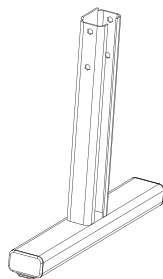
StrengthErg Assembly BOX 1



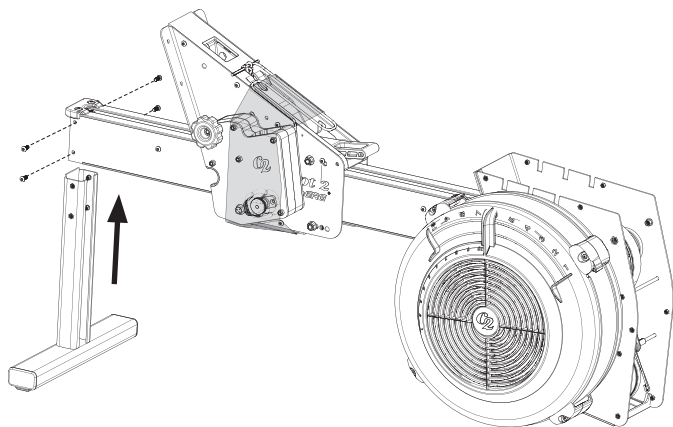
StrengthErg Assembly BOX 2



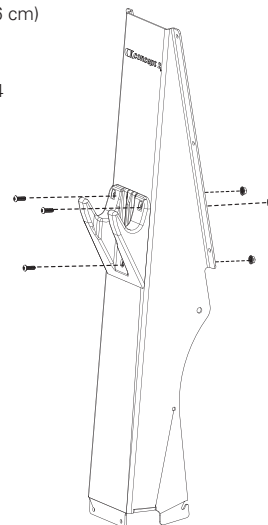
*Optional



1 (4) 3/4" (1.9 cm)
PN 2233

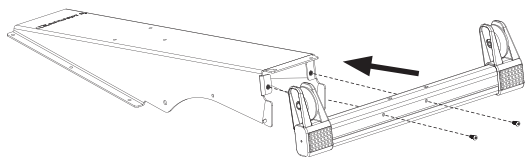


2 (3) 5/8" (1.6 cm)
PN 2395
(3) PN 2394

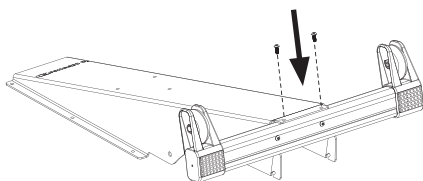


3 (4) 3/4" (1.9 cm)
PN 2233

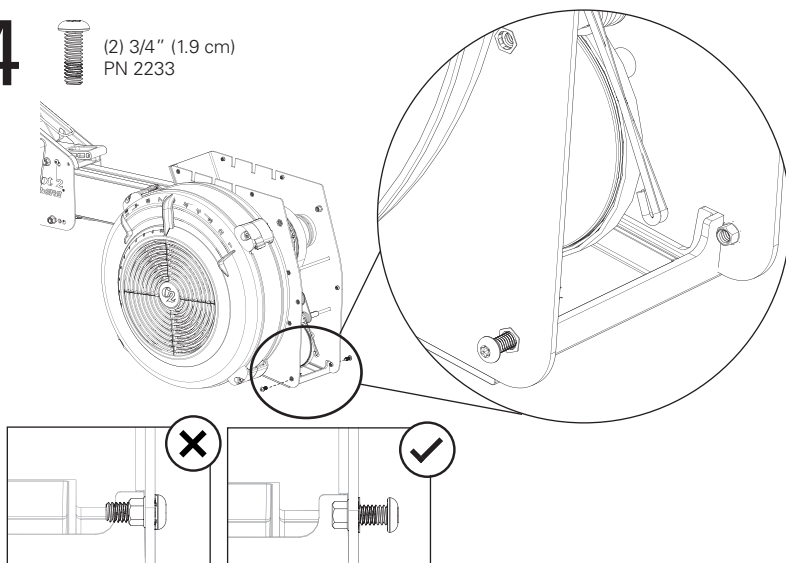
3a



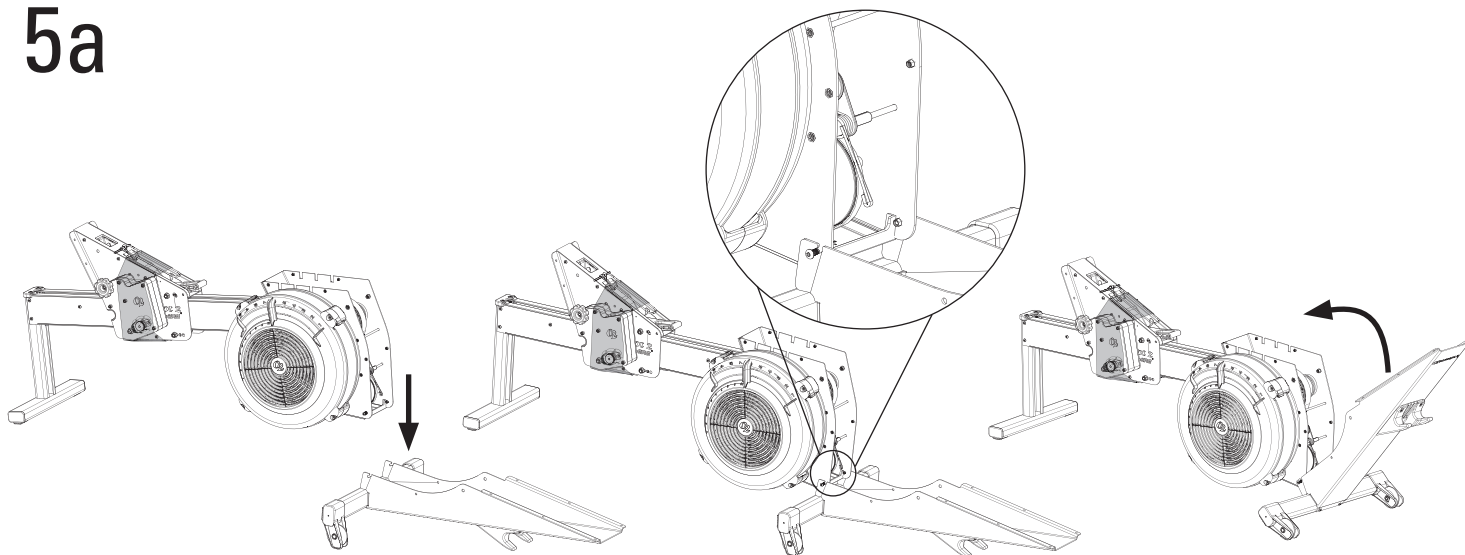
3b



4 (2) 3/4" (1.9 cm)
PN 2233



5a



5b

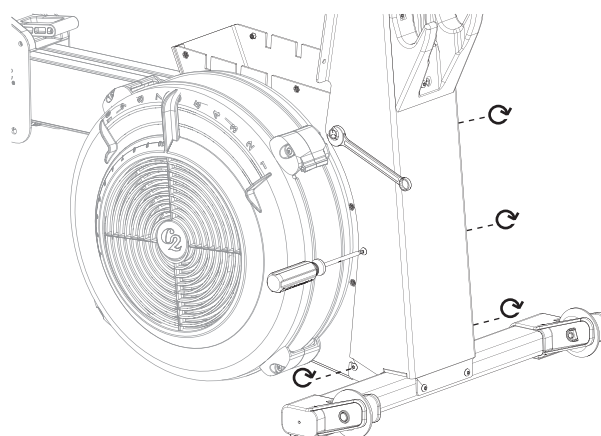
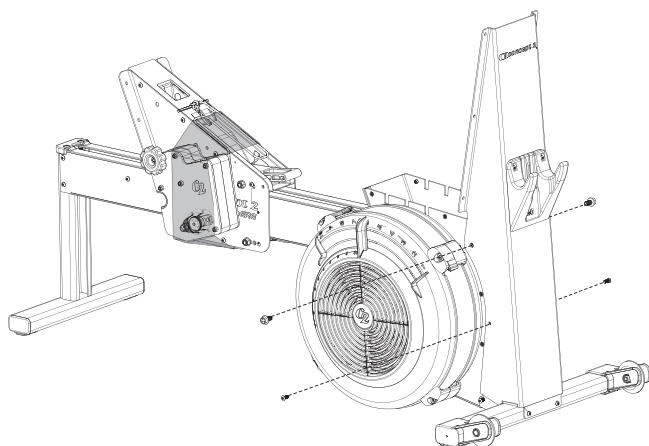


(2) 3/4" (1.9 cm)
PN 2233



(2) 3/4" (1.9 cm)
PN 7263

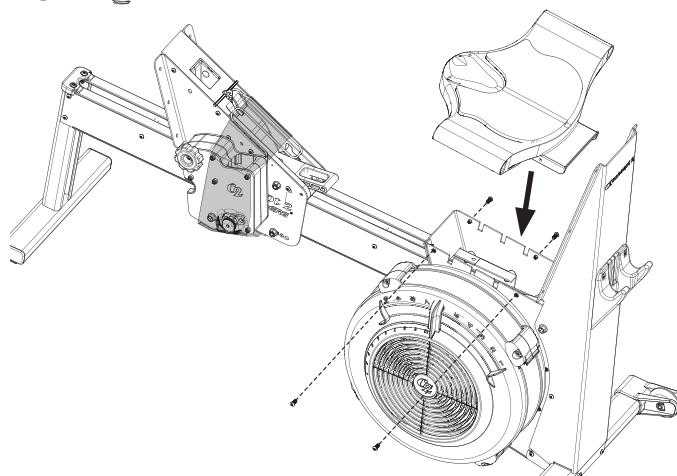
IMPORTANT: Confirm all 6 fasteners are tight.



6



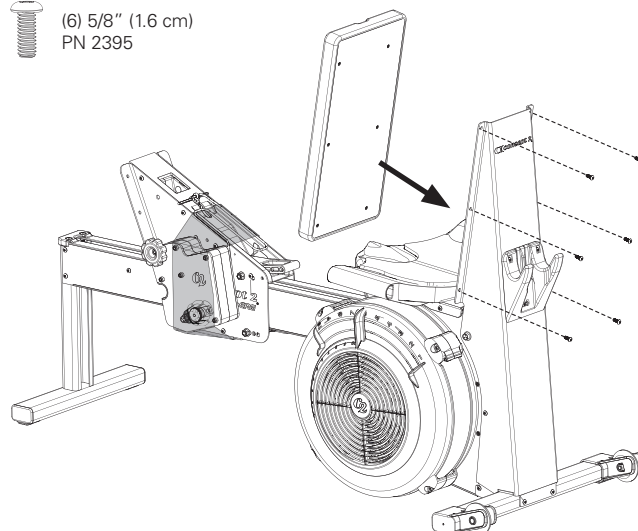
(4) 3/4" (1.9 cm)
PN 2233



7



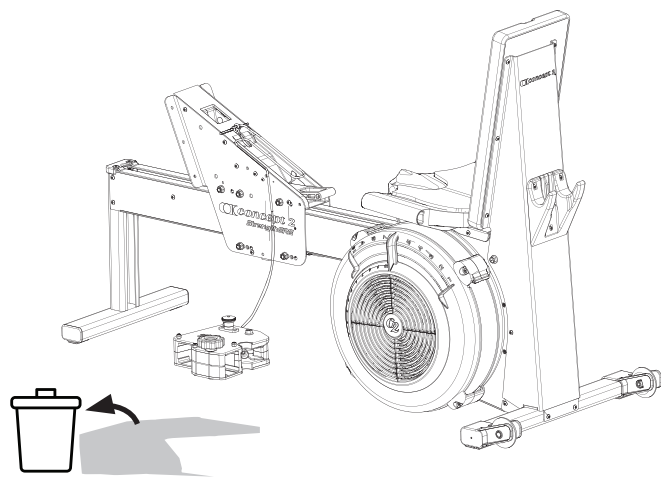
(6) 5/8" (1.6 cm)
PN 2395



8



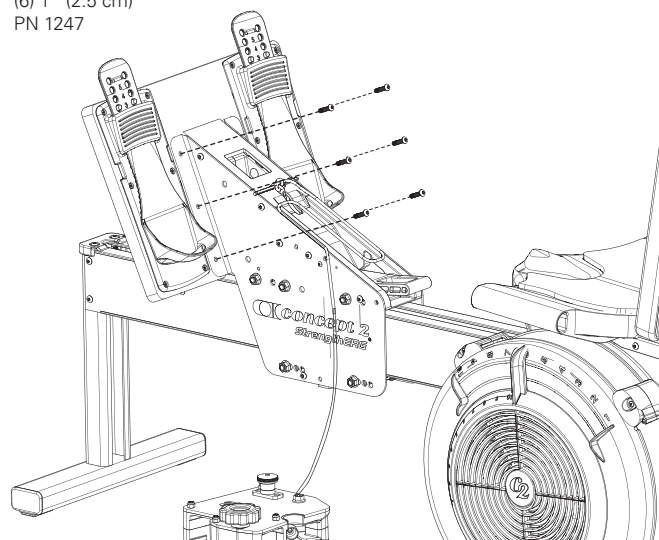
Caution cutting off wrap.
Use scissors. Not a knife.



9



(6) 1" (2.5 cm)
PN 1247



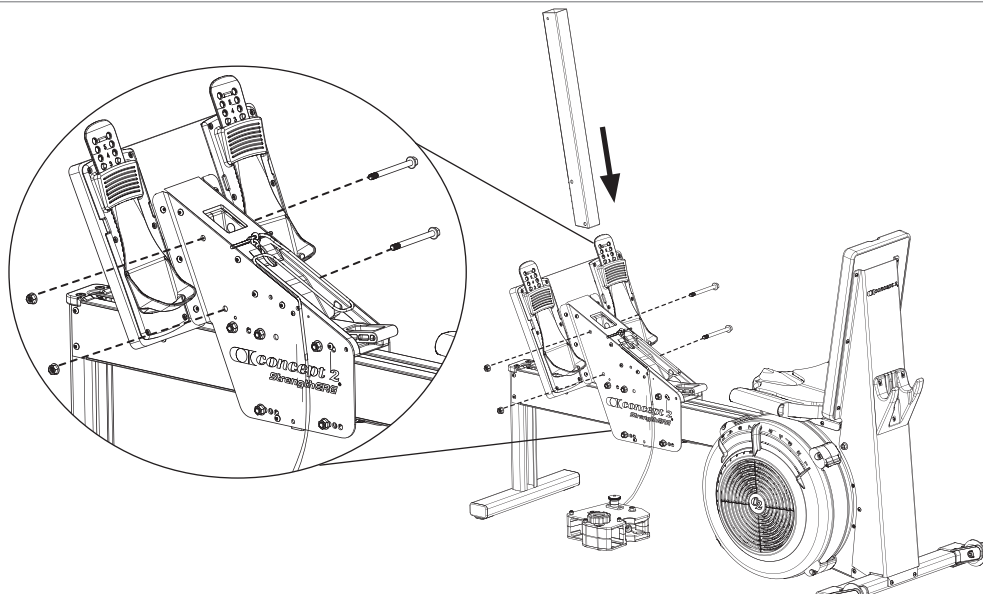
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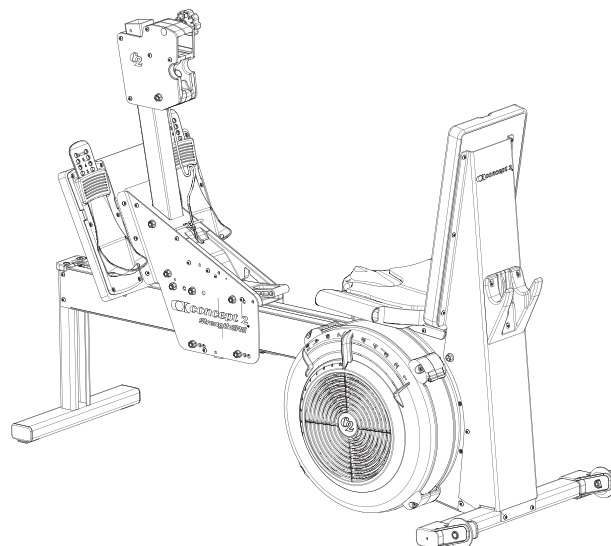
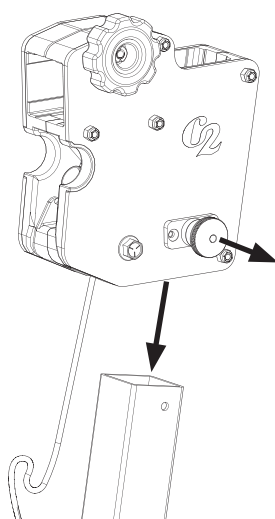
(2) 4 1/4" (10.8 cm)
PN 7267



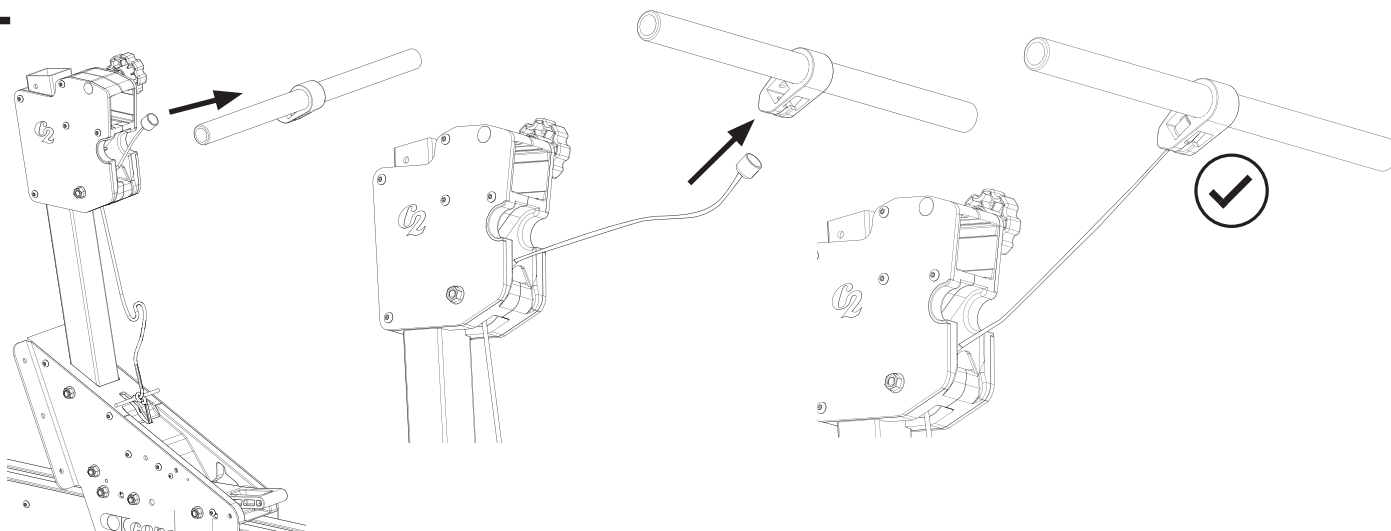
(2)
PN 7268



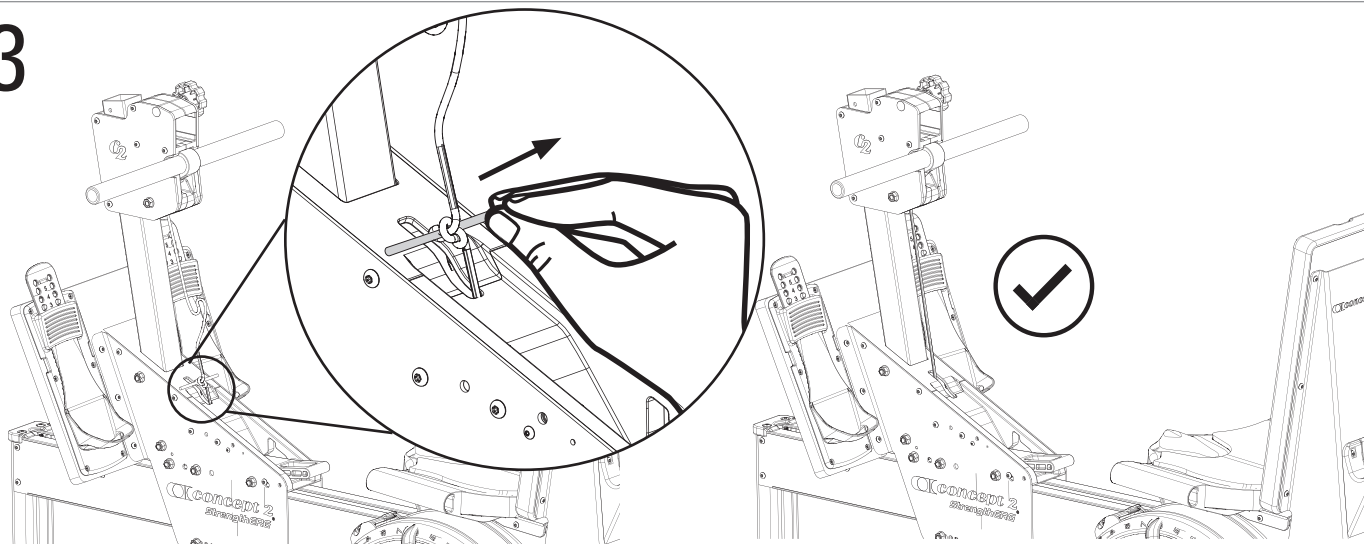
11



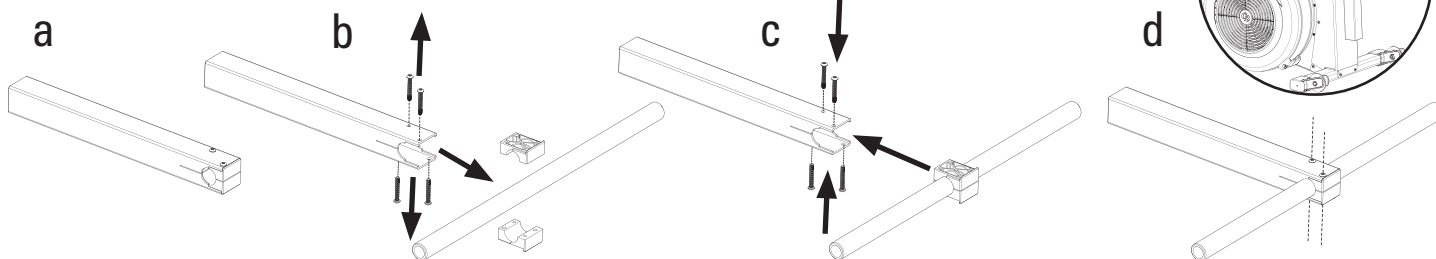
12



13



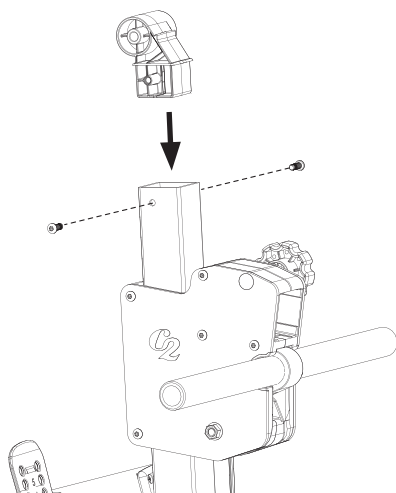
14



15



(2) 3/4" (1.9 cm)
PN 2233



16



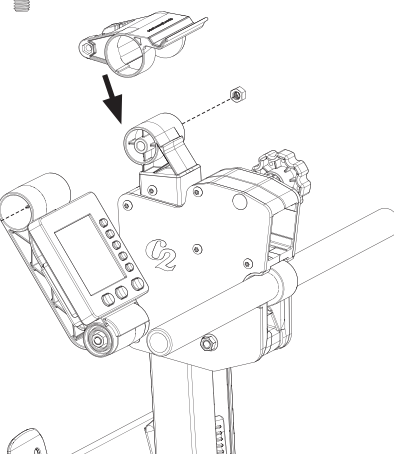
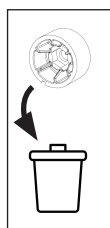
(1) 3" (7.6 cm)
PN 1268



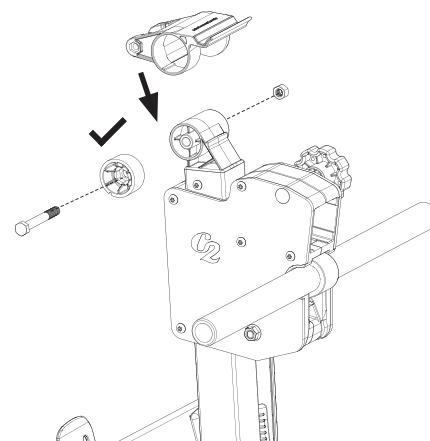
(1) PN 1271



With Optional PM5
✓ Without PM5



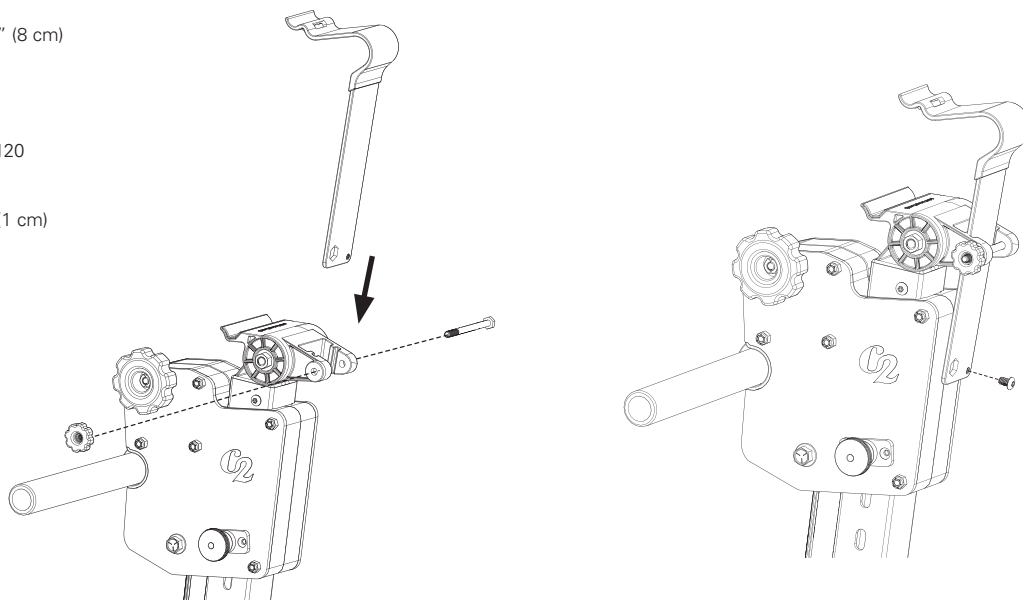
With Optional PM5



Without PM5

17

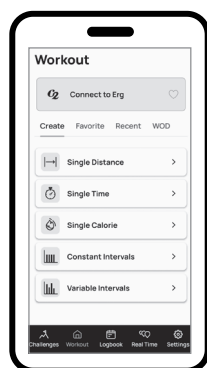
- (1) 3 1/4" (8 cm)
PN 1224
- (1) PN 7120
- (1) 3/8" (1 cm)
PN 1238



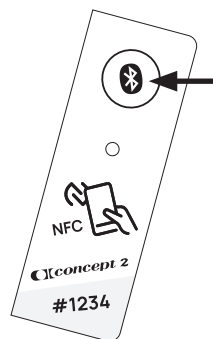
HOW TO USE ERGDATA WITH THE STRENGTHERG WITHOUT A PM5



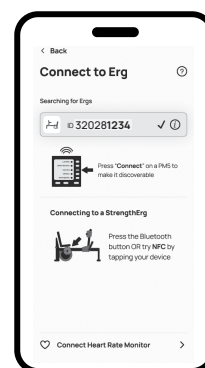
1



2

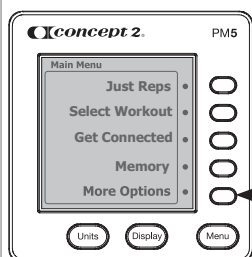


3

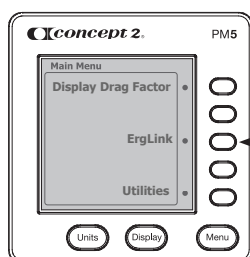


4

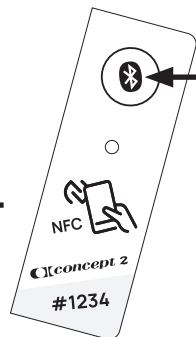
HOW TO CONNECT TO ERLINK WITH A PM5



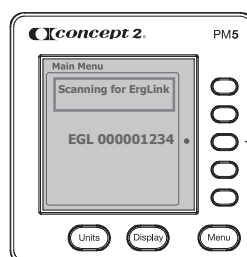
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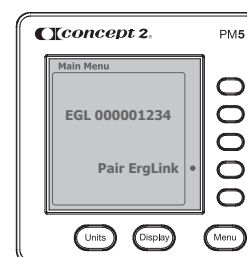
2



3

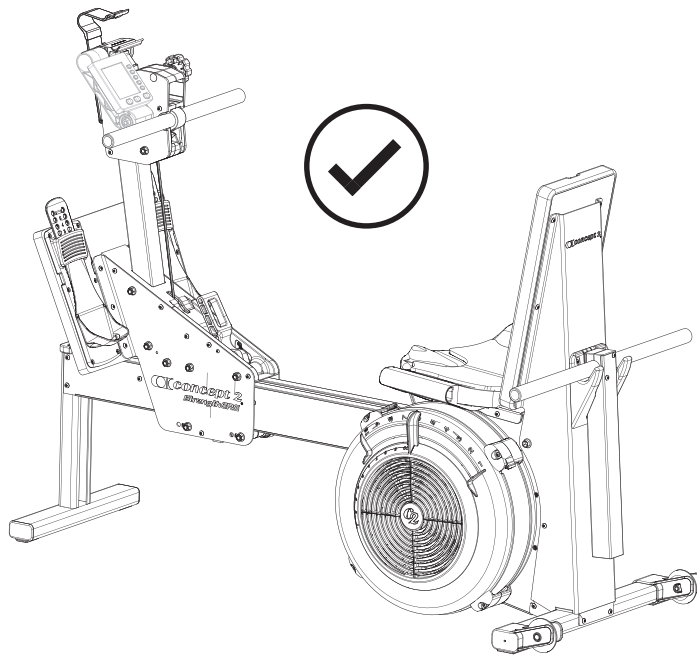
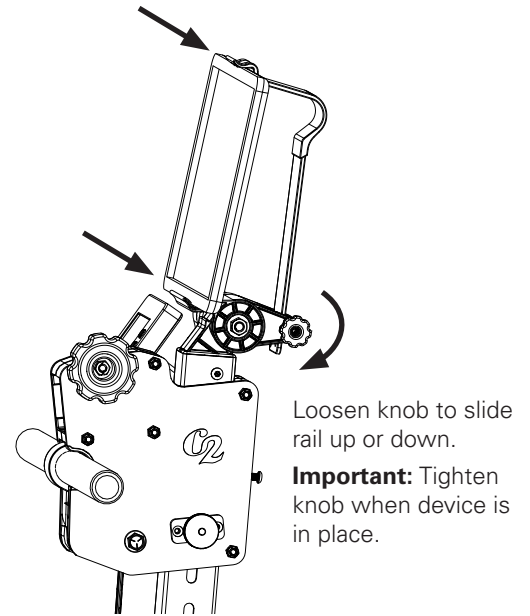
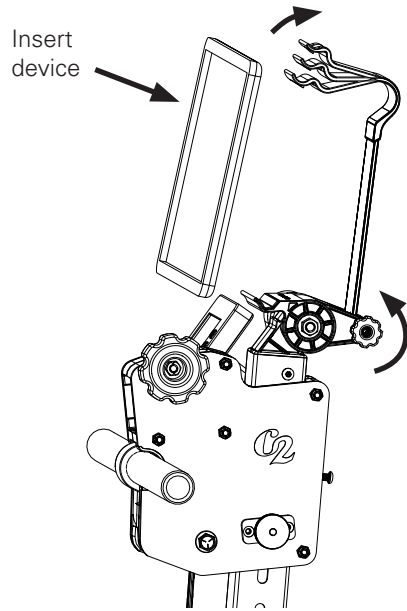


4



5

How to Use the Device Holder



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